



Birmingham and Solihull
Integrated Care System
Caring about healthier lives

Type 2 Diabetes Path to Remission Programme (T2DR)

Sarah Beddows

Long Term Conditions Team - Diabetes Project Officer
Birmingham and Solihull

Referral Process in Primary Care

- 1) Undertake searches embedded on clinical system to find potential eligible patients
- 2) Manual search of potential eligible patients to ensure they meet all criteria
- 3) Contact the eligible patient to see if they are interested in undertaking the programme. At this point you may wish to use the AccRX text messaging service that is available to contact your patient (Guidance on how to use this can be found on our resource webpage)
- 4) Consultation with patient – undertake Medication Adjustment Review and HbA1c
- 5) If eligible and would like to proceed complete referral form & Medications Adjustment Form and send to Momenta Newcastle
- 6) All Referrals must include referral form and MAF and be emailed to momenta.t2dr-bsol@nhs.net
- 7) Momenta will contact the patient once received the referral, to book them onto programme
- 8) Patient will begin 12 month T2DR Programme
- 9) Practice to complete patient HbA1c at 6 & 12 Months

Eligibility Criteria

Inclusion criteria

- Aged 18-65 inclusive
- Diagnosed with Type 2 diabetes within last 6 years
- BMI of $\geq 27\text{kg/m}^2$ (adjusted to $\geq 25\text{kg/m}^2$ in people of BAME origin)
- HbA1c within 12 months, with values as follows:
 - If on diabetes medication, HbA1c ≥ 43 mmol/mol
 - If not on diabetes medication, HbA1c ≥ 48 mmol/mol
 - In all cases, HbA1c must be ≤ 87 mmol/mol
- Attended monitoring and diabetes review in last 12 months, incl. retinal screening, and commit to continue annual reviews, even if achieve remission

Exclusion criteria

- Current insulin user
- Currently breastfeeding
- Pregnant or planning to become pregnant within the next 6 months
- Has at least one of the following co-morbidities: Active cancer; heart attack or stroke in last 6 months; severe heart failure (New York Heart Association grade 3 or 4); severe renal impairment (most recent eGFR $< 30\text{mls/min/1.73m}^2$); active liver disease (not including NAFLD); active substance use disorder; active eating disorder; Porphyria; or known proliferative retinopathy that has not been treated
- Recent weight loss of $> 5\%$ body weight or currently on a weight management programme
- Had/awaiting bariatric surgery (unless exits waiting list)
- Health professional assessment that patient is unable to understand or meet the demands of the NHS LCD Programme and/or monitoring requirements

- Searches were embedded into all Clinical systems.
- Practices are encouraged to carry out searches to find all potentially eligible patients – this will also help in terms of in-person delivery to provide sessions in a local setting for multiple users.
- The Searches will enable practices to gather a cohort of potential eligible patients
- Results of the initial search will require further review as some exclusion criteria are not routinely recorded in primary care

Examples - Pregnancy planning, recent weight loss, patient ability to meet the demands of the pilot.

(Clinical Reporting > NHS Birmingham and Solihull CCS Folder > Low calorie diet eligibility folder)

Referral to Momenta

- A new referral template form has been embedded into clinical systems, with as much as possible automated – this includes both the referral and medications adjustment form in one referral document.
- Referral templates can be located within SystmOne under Bsol CCG Letter Templates – Referral Forms Diabetes – you will find the referral form and invitation letter.
- The EMIS referral template has been embedded onto clinical systems via your IT system lead. The referral form is called - T2DR Type 2 Diabetes Path to Remission Referral Momenta v5 2023

The referral form should be emailed to momenta.t2dr-bsol@nhs.net

Referral will be returned to Primary Care if incomplete or sent without Medication Review

To access the referral form and invite letter in TPP SystmOne, they are located under **BSOL CCG Letter Templates >>> Referral Forms Diabetes**:

Template	Category	Data Source	Availability
T2DR Type 2 Diabetes Path to Remission Referral Momenta v5 2023.docx	BSOL CCG Letter Templates / Referral Forms Diabetes	None	NHS Birmingham and Solihull CCG
T2DR invitation letter v1 BSOL.docx	BSOL CCG Letter Templates / Referral Forms Diabetes	None	NHS Birmingham and Solihull CCG
NHS Healthier You Diabetes Prevention Programme Oct 2019	BSOL CCG Letter Templates / Referral Forms Diabetes	None	NHS Birmingham and Solihull CCG
My Diabetes Health Care Referral Form Oviva CCG v.1.docx	BSOL CCG Letter Templates / Referral Forms Diabetes	None	NHS Birmingham and Solihull CCG
Healthy Living for people with Type 2 diabetes Referral Form.docx	BSOL CCG Letter Templates / Referral Forms Diabetes	None	NHS Birmingham and Solihull CCG
Diabetic retinopathy screening Patient Update Form	BSOL CCG Letter Templates / Referral Forms Diabetes	None	NHS Birmingham and Solihull CCG
Diabetes MDT Referral form v7 Final (CCG)	BSOL CCG Letter Templates / Referral Forms Diabetes	None	NHS Birmingham and Solihull CCG
Diabetes BHH MODY referral form v1.rtf	BSOL CCG Letter Templates / Referral Forms Diabetes	None	NHS Birmingham and Solihull CCG

Medication Adjustment Form

1. **The form must be completed whether there are any medications** to be changed or not. Simply click the box “no” if this is applicable.
2. **A copy of the form must be given to both the provider and the patient.** This is an NHS England assurance that must be in place for the referral to be eligible and accepted by the provider.
3. **The patient needs to be aware** of what the form is.

Emailed to momenta.t2dr-bsol@nhs.net

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Payments to Practices

The practice will receive **£11.50 per eligible referral** (via the Tier 3 weight management DES)

To receive this payment, practices will be required to:

1. Use the SNOMED code when making the referral: 1239571000000105 “Referral to total diet replacement programme (procedure)”
2. Ensure the patient has a BMI recorded within two years at the point of referral of ≥ 30 , or of ≥ 27.5 for patients from Black, Asian and other minority ethnic groups
3. Practices are paid via CQRS for the Weight Management DES, in the Weight Management service, enter the number of referrals completed and submit.
4. That claim will be sent to the PC Contracting Team for approval.
5. Once approved, payment is then made in the relevant monthly run via PCSE.

If practices have any queries re CQRS data they can contact Bethany Featherstone for support, any technical issues should be flagged with the helpdesk (cqrsfeedback@nhs.net).

Support available to Primary Care

Training videos – including how to undertake searches, how to complete referral form, how to download and use AccRX Text Messaging tool

Patient Website – this can be sent to patients prior to consultation to give them more in depth information about the pilot and gauge their interest

<https://momentanewcastle.com/t2dr-bsol>

Regular Comms – T2DR Newsletter, ICB Newsletter & Regular Lunch & Learn Sessions

All of the above can be found on our resource Website

<https://momentanewcastle.com/hcp-t2dr-bsol>

Dedicated Points of Contact

Provider Support

Jon Scott Jon.Scott@momentanewcastle.com

Kathryn Brown (Primary Care Engagement Officer)
kathryn.brown@momentanewcastle.com

ICB Support

Sarah Beddows sarah.beddows@nhs.net



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Thank you
Any
Questions?